

**THERAPY GROUP**



Take the first steps to  
healing and recovery  
from past trauma.



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# PREPARING FOR TRAUMA THERAPY GROUP



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# PREPARING FOR TRAUMA THERAPY GROUP

Begin your journey with Trauma-Focused Therapy by understanding why you might feel stuck, discovering ways to start feeling better, and preparing for one-on-one sessions.

For some individuals, the impact of traumatic events on their emotions, thoughts, and behaviours can feel overwhelming and persistent. This can sometimes lead to Post Traumatic Stress Disorder (PTSD). However, even without a PTSD diagnosis, trauma-focused therapy can be highly effective.

While this programme isn't a replacement for one-to-one therapy, it provides you with essential tools to manage your symptoms, reduce isolation, and boost your coping skills.

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## What to expect in the sessions

In three 90-minute sessions, you will gain insight into what PTSD is. You will learn grounding and relaxation techniques to help manage flashbacks and anxiety; and prepare for future trauma-focused therapy.

Here, your privacy is respected - you won't need to share personal experiences until one-to-one therapy.

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## Who will benefit

Individuals who feel overwhelmed by their emotions, thoughts, or behaviours due to past trauma.

## Session content

1. **Understanding PTSD** - learn more about why you feel the way you do and find out about grounding and relaxation techniques to manage flashbacks and anxiety
2. **Reclaiming life with valued activity** - Helps ease the sense of 'stuckness' and introduces techniques to help you keep moving forward
3. **Getting ready for trauma-focused therapy** - learn what to expect and how to get yourself ready to start

## Additional considerations

Timing is key for trauma-focused work. Some who attend the group feel better from these sessions alone, whilst others decide they feel they are not quite ready for the next step.

After the sessions a therapist will work with you to review and decide what is the best next step for you. This is a great opportunity to find out a little more and make an informed choice.